

## Title: Building Psychological Fitness: Addressing Chronic Stress and Burnout

**Karen Doll**

United States

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Rates of anxiety, depression, suicide, and addiction are on the rise. The struggle is real, yet we are not doomed. Mental health is a primary concern for organizations, schools, and communities today and we are at a crossroads. The previous ways of addressing mental health and illness are no longer sufficient. There is opportunity to answer the call and create a new frontier of mental health intervention. Curing ailments, treating symptoms, and the reduction of pain and suffering are clearly important. By leveraging positive psychology research and focusing on the healthy elements of the psyche, we can also expand treatment interventions to enhance flourishing and thriving. Psychological fitness captures mental and emotional well-being, capturing the whole person, mind-body connection. Becoming psychologically fit will help buffer against the impact of adversity and promote faster recovery. Psychological fitness is not a personality trait that you have or do not have. Rather, it is a process that can be cultivated through action and practice. We will explore stress, chronic stress, and burnout, and identify and apply evidence-based practices to cultivate thriving and flourishing.

**Objectives:** \*Recognize components of burnout, contributing factors to burnout and impact of chronic stress.

\*Identify and apply evidence-based practices to cultivate your psychological fitness and equip you to support others through accompaniment.

### Biography

Dr. Karen Doll is a Licensed Psychologist, Consultant, and #1 International Bestselling author of Building Psychological Fitness: How High Performers Achieve with Ease. She has spent 25 years partnering with industry leading organizations and coaching professionals. Working at the intersection of personal well-being and professional development, she is committed to mental health awareness and advocacy in the workplace. As part of the flourishing at work community of practice at Harvard University Flourishing Network (HU Institute for Quantitative Social Science), she brings academic science and research into the workplace. These principles are pillars to her consulting as she helps organizations create conditions where their employees can flourish.